

In the Claims

This listing of claims will replace all prior versions and listings of claims in this application.

1 (Original). A golf shoe insole insert for a golfer's foot comprising:

- (a) a main body that is of a thin, flat base, comprising an upper surface, a lower surface, a lateral edge, a medial edge, a heel edge, a toe region, a medial region, a lateral region, and a heel region, wherein the toe region is formed from the thin, flat base, wherein the toe region has a distal toe region and a proximal toe region, wherein the heel region has a distal heel region and a proximal heel region, and wherein the medial region and the lateral region are separated along a longitudinal center-line;
- (b) a heel cup located at the upper surface, heel region to aid in stabilizing the foot;
- (c) a flange formed on the upper surface along the lateral edge, medial edge, and heel edge of the main body, wherein the flange gradually extends vertically upward from the medial edge to fully extend upward at the heel edge, from which the flange gradually tapers downward along the lateral edge to taper off near the toe region;
- (d) an upper arch conforming slope located on the upper surface, in the medial region, wherein the arch conforming slope begins at the thin, flat base of the main body at the distal heel region, and gradually increases in height from the distal heel region along the medial region, and then gradually decreases in height from the medial region to the thin, flat base of the main body near the proximal toe region;
- (e) a thickened portion located on the lower surface, longitudinally along the lateral region, wherein the thickened portion begins at the thin, flat base of the main body at a distal fifth metatarsal bone of the foot to the heel region; and
- (f) a lower arch conforming slope located on the lower surface, in the medial region, wherein the arch conforming slope begins at the thin flat base of the main body at the distal heel region, and gradually increases in height from the distal heel region along

the medial region, and then gradually decreases in height from the medial region to the thin, flat base of the main body near the proximal toe region.

2 (Original). The insert according to claim 1, wherein the thickened portion is of greatest height along the longitudinal center-line and along a transverse arch of the foot and tapers down in height to the thin, flat base at the toe region, and wherein the thickened portion is of substantially the same thickness along the lower surface, lateral region from the transverse arch of the foot to the heel region.

3 (Original). The insert according to claim 1, wherein the insert is composed of at least one viscoelastic orthotic material.

4 (Original). The insert according to claim 3, wherein the viscoelastic orthotic material is selected from the group consisting of: polyurethane foams, polyethylene foams, polyvinyl chloride foams, ethylene vinyl acetate foams, synthetic rubber foams, cork, rubber materials, synthetic rubber foams, silicone rubber, glue and fiberglass combinations, glass-filled nylon, nylon, polypropylene, and polymer gels.

5 (Original). The insert according to claim 1, wherein the insert is formed of at least one layer.

6 (Original). The insert according to claim 5, wherein the insert is formed of three layers.

7 (Original). The insert according to claim 5, wherein the insert is formed of two layers.

8 (Original). The insert according to claim 7, wherein the first layer is on the lower surface and the second layer is on the upper surface, wherein the first layer is composed of a cushioning polyurethane foam layer, the second layer is formed of an EVA foam layer, and the polyurethane foam layer is coupled together with the EVA foam layer with an adhesive.

9 (Original). The insert according to claim 1, wherein the insert is composed of a viscoelastic orthotic material which exhibits room temperature flexible modulus of approximately 350,000 psi.

10 (Original). The insert according to claim 1, wherein the insert is composed of a viscoelastic orthotic foam having a durometer of 30-40.

11 (Original). The insert according to claim 1, further comprising an agent for controlling odors.

12 (Currently amended). A method of improving an individual's golf swing and providing relief from common golfing pathologies comprising placing an insert comprising:

- (a) a main body that is of a thin, flat base, comprising an upper surface, a lower surface, a lateral edge, a medial edge, a heel edge, a toe region, a medial region, a lateral region, and a ~~heel~~ heel region, wherein the toe region is formed from the thin, flat base, wherein the toe region has a distal toe region and a proximal toe region, wherein the heel region has a distal heel region and a proximal heel region, and

- wherein the medial region and the lateral region are separated along a longitudinal center-line;
- (b) a heel cup located at the upper surface, heel region to aid in stabilizing the foot;
 - (c) a flange formed on the upper surface along the lateral edge, medial edge, and heel edge of the main body, wherein the flange gradually extends ~~vertically~~ vertically upward from the medial edge to fully extend upward at the heel edge, from which the flange gradually tapers downward along the lateral edge to taper off near the toe region;
 - (d) an upper arch conforming slope located on the upper surface, in the medial region, wherein the arch conforming slope begins at the thin, flat base of the main body at the distal heel region, and gradually increases in height from the distal heel region along the medial region, and then gradually decreases in height from the medial region to the thin, flat base of the main body near the proximal toe region;
 - (e) a thickened portion located on the lower surface, longitudinally along the lateral region, wherein the thickened portion begins at the thin, flat base of the main body at a distal fifth metatarsal bone of the foot to the heel region; and
 - (f) a lower arch conforming slope located on the lower surface, in the medial region, wherein the arch conforming slope begins at the thin flat base of the main body at the distal heel region, and gradually increases in height from the distal heel region along the medial region, and then gradually decreases in height from the medial region to the thin, flat base of the main body near the proximal toe region into a golf shoe; and playing golf using the golf shoe.

13 (Original). The method according to claim 12, wherein the thickened portion is of greatest height along the longitudinal center-line and along a transverse arch of the foot and tapers down in height to the thin, flat base at the toe region, and wherein the thickened portion is

of substantially the same thickness along the lower surface, lateral region from the transverse arch of the foot to the heel region.

14 (Original). The method according to claim 12, wherein the insert is composed of at least one viscoelastic orthotic material.

15 (Original). The method according to claim 14, wherein the viscoelastic orthotic material is selected from the group consisting of: polyurethane foams, polyethylene foams, polyvinyl chloride foams, ethylene vinyl acetate foams, synthetic rubber foams, cork, rubber materials, synthetic rubber foams, silicone rubber, glue and fiberglass combinations, glass-filled nylon, nylon, polypropylene, and polymer gels.

16 (Original). The method according to claim 12, wherein the insert is formed of at least one layer.

17 (Original). The method according to claim 16, wherein the insert is formed of three layers.

18 (Original). The method according to claim 16, wherein the insert is formed of two layers.

19 (Original). The method according to claim 18, wherein the first layer is on the lower surface and the second layer is on the upper surface, wherein the first layer is composed of a

cushioning polyurethane foam layer, the second layer is formed of an EVA foam layer, and the polyurethane foam layer is coupled together with the EVA foam layer with an adhesive.

20 (Original). The method according to claim 14, wherein the insert is composed of a viscoelastic orthotic material which exhibits room temperature flexible modulus of approximately 350,000 psi.